

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**Oct - Dec 2018 FREE Activities Fridays 11am to 1pm
at Second Half Centre, St Charles Centre for Health & Wellbeing**

"Time for Me North Kensington offers you time to relax, have fun and meet other carers."

Call Liz Butters Project Co-ordinator 020 8962 4536 for further details

Time for Me for North Kensington continues with regular Friday morning activities from 11am to 1pm at the **Second Half Centre**. Come along for tea/coffee and biscuits, meet other carers and take part in a diverse programme of fun and interesting activities and trips based on participants' requests.

*See separate programme over the page for further details of other Time for Me activities and trips.

NB. *Advance booking is essential for trips, courses and the cooking workshop.

Bookings may be made on 020 8962 4536 from 19th October onwards.

26 th Oct	Crafts with Lynda and card making with June
31 st Oct	*TRIP – WEDNESDAY Connaught Opera at Leighton House 6.15pm
2 nd Nov	<u>*Digital Life - Six week course with Lena 10.30am-12.30pm</u> *(Advanced booking essential. You must be able to attend all 6 weeks) Dates: Six Fridays 2 nd , 9 th , 16 th , 23 rd & 30 th Nov, and 7 th Dec
2 nd Nov	Kundalini Yoga (a chair and/or mat based session) with Kathryn
9 th Nov	*Cooking workshop (with lunch) with Vilma 10.45-1.15pm MUST BOOK
15 th Nov	*TRIP – THURSDAY Raptor Foundation (birds of prey) 10.45am
16 th Nov	Creative activities with Daphne
23 rd Nov	*TRIP – Ideal Home Show Christmas (Eat & Drink Festival) Olympia 11am
30 th Nov	Carers Rights Day: Carers Network Carers Conference 9am-4pm YMCA Indian Student Hostel, 41 Fitzroy Square, W1T 6AQ To register call Carers Network 020 8637 6195
7 th Dec	Kundalini Yoga (a chair and/or mat based session) with Kathryn
12 th Dec	*TRIP - WEDNESDAY Christmas lunch at Little Bay Kilburn 12pm
14 th Dec	Second Half Centre Party 12-2pm
23 rd Dec	*TRIP – SUNDAY Royal Albert Hall Carols 10.30am

JANUARY PREVIEW *Digital Life - 5 week course with Lena 10.30am-12.30pm

*(Advanced booking essential from 4th January. You must be able to attend all 5 weeks)

Dates: Five Fridays 18th & 25th Jan, and 1st, 8th & 15th Feb

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**Trips and activities in October to December 2018
TO BOOK your place please call 020 8962 4536**

*Time for Me North Kensington offers you time to relax, have fun and meet other carers. Regular activities take place on Friday mornings 11am to 1pm at **The Second Half Centre**, St Charles Centre for Health and Wellbeing.*

(*NB. Advance booking is essential for trips and bookings may be made from **19th October** onwards.)

***CONNAUGHT OPERA AT LEIGHTON HOUSE (FREE)**

WEDNESDAY 31st October (Must book limited places)

Time: Meet 6.15pm at Leighton House, 12 Holland Park Rd, Kensington, W14 8LZ



Dress up and enjoy an evening of Fabulous 50s' music with Connaught Opera. Arrive at 6.15pm for pre-show drink and time to look around the Leighton House Museum. Performance (one hour) starts at 7pm.

***DIGITAL LIFE SIX WEEK COURSE (FREE) (Booking essential)**

FRIDAYS 2nd, 9th, 16th, 23rd+ & 30th Nov; and 7th Dec

(NB. You must be able to attend all six weeks of course) (4-5 places)

Time and venue: 10.30-12.30 Computer Room in Second Half Centre



Six week course with Lena covering variety of topics agreed with group. Please bring your smartphone. Smartphones will be available for course. (+ NB. 23rd Nov You can go to Ideal Home Show at Christmas after the course.)

***COOKING WORKSHOP (with lunch) (FREE) (Booking essential)**

FRIDAY 9th November (Must book limited places)

Time: Open Age Second Half Centre 10.45am – 1.15pm



Come and enjoy health creative cooking with Vilma (includes lunch).

***RAPTOR FOUNDATION (Birds of prey) (FREE)**

THURSDAY 15th November

Time: Meet at Open Age (St Charles) 10.45am



'Short' day coach trip to a rescue and rehabilitation centre for birds of prey in Cambridgeshire, including a flying display and lunch at the Silent Wings Cafe. We will leave the Raptor Foundation around 4pm.

CARERS RIGHTS DAY: Carers Network Carers Conference FRIDAY 30th Nov 9-4pm

A day of information, advice, talks, workshops, and meeting other carers. At YMCA Indian Student Hostel, 41 Fitzroy Square, W1T 6AQ. **To register call Carers Network on 020 8637 6195.**

***IDEAL HOME CHRISTMAS SHOW AT OLYMPIA (FREE)**

FRIDAY 23rd November (Must book limited places)

Time: Meet at 11am at Olympia



A day of festive season shopping and entertainment. Includes admission to the Eat & Drink Festival.

***CHRISTMAS LUNCH AT LITTLE BAY KILBURN**

WEDNESDAY 12th December

Time: Meet Open Age (St Charles) 11am OR

12pm at Little Bay, 228 Belsize Road, Kilburn, NW6 4BT



Enjoy Christmas lunch with friends old and new. A small contribution towards the meal will be required. *We will contact to you to confirm the details.*